SHOULDER - 21  Abduction (Passive)

With arm out to side, resting on table, lower head toward arm, keeping trunk away from table. Hold _____ seconds.
Repeat _____ times. Do _____ sessions per day.

SHOULDER - 22  Abduction (Assistive)

With hand and forearm supported, raise elbow out to side.

Hold _____ seconds.

Repeat _____ times.
Do _____ sessions per day.
SHOULDER - 31 Walk Up Exercise (Active/Assistive)

With elbow straight, use fingers to "crawl" up wall or door frame as far as possible. Hold _____ seconds.

Repeat _____ times.
Do _____ sessions per day.
Routine For: OT - Shoulder (WB &/or Tone Reduction)

Created By: OT - Shoulder (WB &/or Tone Reduction)

**SHOULDER - 21 Abduction (Passive)**

With arm out to side, resting on table, lower head toward arm, keeping trunk away from table. Hold ___ seconds.

Repeat ___ times. Do ___ sessions per day.

**SHOULDER - 22 Abduction (Assistive)**

With hand and forearm supported, raise elbow out to side.

Hold ___ seconds.

Repeat ___ times.

Do ___ sessions per day.

**SHOULDER - 31 Walk Up Exercise (Active/Assistive)**

With elbow straight, use fingers to "crawl" up wall or door frame as far as possible.

Hold ___ seconds.

Repeat ___ times.

Do ___ sessions per day.

**COMMENTS:**

Patient Name/Number: 
Clinician Name/Signature: 
Date: 

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